



Everyday Raw

Matthew Kenney

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Everyday Raw is an exciting new cookbook that will introduce the benefits and pleasure of eating healthful food that is organic, fresh and good for you! Preparing and eating raw food does not mean bland, whether it is a smoothie, a salad, or a mid-morning snack, you will love the tantalizing and delicious recipes included here.

Chef **Matthew Kenney** has been preparing raw food for years and offers up a variety of delectable recipes including-Chocolate-Cherry Smoothie, Red-Chile Pineapple Dipping Sauce, Sesame Cashew Dumplings, Portobello Fajitas, and a Lemon Macaroon Cheesecake Tartlet that will leave you wondering why you haven't started eating raw food sooner!

Contents Include:

- Smoothies and Juices
- Snacks
- Unbaked (Crackers and Breads)
- Spreads, Dips, and Sauces
- Starters
- Salads and Dressings
- Main Dishes
- Desserts

Recipes Include:

- Key Lime Tartlets
- Pumpkin Pie with Thyme
- Pad Thai
- Tomato, Basil and Ricotta Pizza
- Blood Orange and Crispy Fennel Salad
- Blueberry Pancakes
- Raspberry Vanilla-Almond Granola



Author Bio: Acclaimed chef **Matthew Kenney** is a restaurateur, caterer, and food writer. Matthew has been the chef and co-owner of Pure Food and Wine restaurant in NYC as well as the chef and partner of numerous successful restaurants including Matthew's, Canteen, Commune, Commissary, and Mezze. In 1994 Food and Wine included him as one of their Ten Best New Chefs of the Year. He's been featured on the *Today Show*, *The Food Network*, as well as a variety of other morning talk shows. Matthew was nominated for the James Beard Rising Star Award.

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